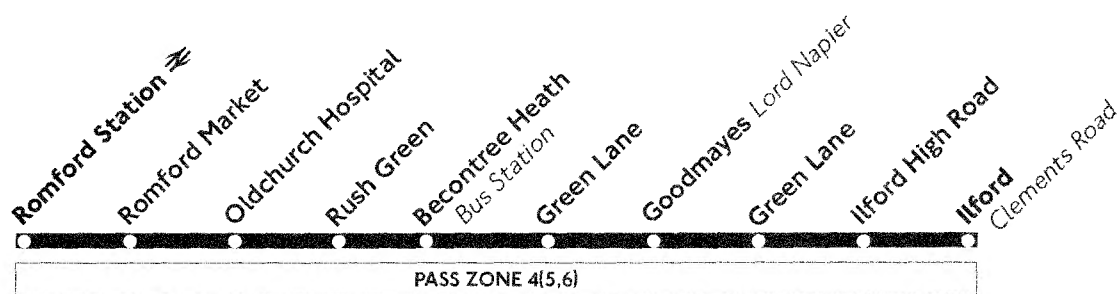


Daily



Mondays to Fridays

Romford Station	0550	0610	0630	0645	0700	0715	0730	0745	0800	0815	0835	0850	0905	0920	0935	0950	1005	1020
Romford Market	0553	0613	0633	0648	0703	0718	0733	0748	0803	0818	0838	0853	0908	0923	0938	0953	1008	1023
Becontree Heath Bus Station	0603	0623	0643	0658	0713	0728	0743	0759	0815	0830	0850	0905	0920	0935	0948	1003	1018	1033
Goodmayes Lord Napier	0612	0632	0652	0707	0722	0737	0755	0811	0828	0843	0903	0918	0933	0945	0958	1013	1028	1043
Ilford High Road Hainault Street	0618	0638	0658	0713	0728	0744	0802	0820	0837	0852	0912	0927	0942	0953	1006	1021	1036	1051
Ilford Clements Road	0620	0640	0700	0715	0730	0746	0804	0822	0839	0854	0914	0929	0944	0955	1008	1023	1038	1053
Romford Station	1035	1050	Then every	05	20	35	50		1905	1920	1935	1953	Then every	13	33	53		2313
Romford Market	1038	1053	15 minutes,	08	23	38	53		1908	1923	1938	1956	20 minutes,	16	36	56		2316
Becontree Heath Bus Station	1048	1103	at these	18	33	48	03	until	1918	1933	1948	2005	at these	25	45	05	until	2325
Goodmayes Lord Napier	1058	1113	minutes	28	43	58	13		1928	1942	1957	2014	minutes	34	54	14		2334
Ilford High Road Hainault Street	1106	1121	past each	36	51	06	21		1936	1949	2003	2020	past each	40	00	20		2340
Ilford Clements Road	1108	1123	hour	38	53	08	23		1938	1951	2005	2022	hour	42	02	22		2342

Saturdays

Romford Station	0550	0610	0630	0650	0710	0730	0750	0810	0830	0850	0905	0920	0935	0950	1005	1020	1035	1050
Romford Market	0553	0613	0633	0653	0713	0733	0753	0813	0833	0853	0909	0924	0939	0954	1009	1024	1039	1054
Becontree Heath Bus Station	0603	0623	0643	0703	0723	0743	0803	0823	0843	0903	0921	0936	0951	1006	1022	1037	1052	1107
Goodmayes Lord Napier	0612	0632	0652	0712	0732	0752	0812	0832	0852	0912	0930	0945	1000	1016	1032	1047	1102	1117
Ilford High Road Hainault Street	0618	0638	0658	0718	0738	0758	0818	0838	0858	0919	0937	0952	1008	1024	1040	1055	1110	1125
Ilford Clements Road	0620	0640	0700	0720	0740	0800	0820	0840	0900	0921	0939	0954	1010	1026	1042	1057	1112	1127
Romford Station	1105	1120	1135	1150	Then every	05	20	35	50		1705	1720	1735	1750	1805	1820	1835	1853
Romford Market	1109	1124	1139	1154	15 minutes,	09	24	39	54		1709	1724	1739	1754	1808	1823	1838	1856
Becontree Heath Bus Station	1122	1137	1152	1207	at these	22	37	52	07	until	1722	1737	1752	1807	1819	1833	1848	1906
Goodmayes Lord Napier	1132	1147	1202	1217	minutes	32	47	02	17		1732	1747	1802	1816	1828	1842	1857	1915
Ilford High Road Hainault Street	1140	1155	1210	1225	past each	40	55	10	25		1740	1755	1809	1823	1835	1848	1903	1921
Ilford Clements Road	1142	1157	1212	1227	hour	42	57	12	27		1742	1757	1811	1825	1837	1850	1905	1923
Romford Station	1913	1933	1953	Then every	13	33	53		2313									
Romford Market	1916	1936	1956	20 minutes,	16	36	56		2316									
Becontree Heath Bus Station	1925	1945	2005	at these	25	45	05	until	2325									
Goodmayes Lord Napier	1934	1954	2014	minutes	34	54	14		2334									
Ilford High Road Hainault Street	1940	2000	2020	past each	40	00	20		2340									
Ilford Clements Road	1942	2002	2022	hour	42	02	22		2342									

Sundays and Public Holidays

Romford Station	0550	0620	0650	0713	0733	0753	0813	0832	0852	0912	0932	0952	1011	1031	1051	1111	1131	1151		
Romford Market	0553	0623	0653	0716	0736	0756	0816	0835	0855	0915	0935	0955	1015	1035	1055	1115	1135	1155		
Becontree Heath Bus Station	0602	0632	0702	0725	0745	0805	0825	0844	0904	0924	0944	1004	1024	1044	1104	1124	1144	1204		
Goodmayes Lord Napier	0611	0641	0711	0734	0754	0814	0834	0853	0913	0933	0953	1013	1033	1053	1113	1133	1153	1213		
Ilford High Road Hainault Street	0617	0647	0717	0740	0800	0820	0840	0900	0920	0940	1000	1020	1040	1100	1120	1140	1200	1220		
Ilford Clements Road	0619	0649	0719	0742	0802	0822	0842	0902	0922	0942	1002	1022	1042	1102	1122	1142	1202	1222		
Romford Station	1211	1231	1251	Then every	11	31	51	u	1811	1832	1852	1913	1933	1953	Then every	13	33	53	u	2313
Romford Market	1215	1235	1255	20 minutes,	15	35	55	n	1815	1836	1856	1916	1936	1956	20 minutes,	16	36	56	n	2316
Becontree Heath Bus Station	1224	1244	1304	at these	24	44	04	t	1824	1845	1905	1925	1945	2005	at these	25	45	05	t	2325
Goodmayes Lord Napier	1233	1253	1313	minutes	33	53	13	i	1833	1854	1914	1934	1954	2014	minutes	34	54	14	i	2334
Ilford High Road Hainault Street	1240	1300	1320	past each	40	00	20	l	1840	1900	1920	1940	2000	2020	past each	40	00	20	l	2340
Ilford Clements Road	1242	1302	1322	hour	42	02	22		1842	1902	1922	1942	2002	2022	hour	42	02	22		2342

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please write to Customer Service Centre,
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London SW1W 9TN. Telephone 020 7918 4300.



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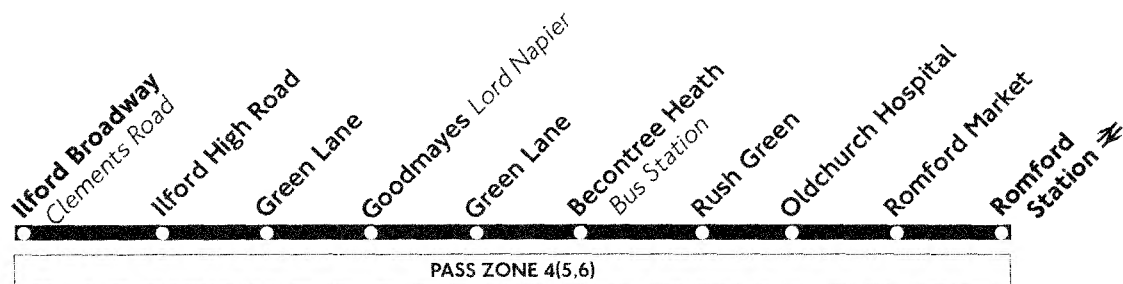


London Travel Information
020 7222 1234 24 hours

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Daily

Ilford - Becontree Heath - Romford



Mondays to Fridays

Ilford Broadway Ilford Hill	0535	0555	0615	0635	0650	0705	0720	0735	0750	0805	0818	0833	0848	0903	0918	0933	0948	1003
Ilford High Road Hainault Street	0539	0559	0619	0639	0654	0709	0724	0739	0754	0809	0822	0837	0852	0907	0922	0937	0952	1007
Goodmayes Lord Napier	0545	0605	0625	0645	0700	0715	0730	0746	0801	0816	0829	0844	0859	0914	0929	0944	0959	1014
Becontree Heath Bus Station	0552	0612	0632	0652	0707	0722	0737	0755	0811	0826	0839	0854	0909	0924	0939	0954	1009	1024
Romford Market	0602	0622	0642	0702	0717	0732	0748	0806	0823	0838	0851	0906	0921	0936	0950	1005	1020	1035
Romford Station	0605	0625	0645	0705	0720	0735	0752	0810	0827	0842	0855	0910	0925	0940	0954	1009	1024	1039

Ilford Broadway Ilford Hill	1018	1033	1048	Then every	03	18	33	48		1803	1818	1833	1848	1904	1921	1941	2001	2021
Ilford High Road Hainault Street	1022	1037	1052	15 minutes,	07	22	37	52		1807	1822	1837	1852	1908	1925	1945	2005	2025
Goodmayes Lord Napier	1029	1044	1059	at these	14	29	44	59	until	1814	1829	1844	1859	1915	1932	1951	2011	2031
Becontree Heath Bus Station	1039	1054	1109	minutes	24	39	54	09		1824	1839	1854	1909	1925	1941	1958	2018	2038
Romford Market	1050	1105	1120	past each	35	50	05	20		1835	1850	1905	1920	1936	1951	2007	2027	2047
Romford Station	1054	1109	1124	hour	39	54	09	24		1839	1854	1909	1923	1939	1954	2010	2030	2050

Ilford Broadway Ilford Hill	2041	Then every	01	21	41		0001											
Ilford High Road Hainault Street	2045	20 minutes,	05	25	45		0005											
Goodmayes Lord Napier	2051	at these	11	31	51	until	0011											
Becontree Heath Bus Station	2058	minutes	18	38	58		0018											
Romford Market	2107	past each	27	47	07		0027											
Romford Station	2110	hour	30	50	10		0030											

Saturdays

Ilford Broadway Ilford Hill	0535	0555	0615	0635	0655	0715	0735	0755	0815	0833	0848	0903	0918	0933	0946	1001	1016	1031
Ilford High Road Hainault Street	0539	0559	0619	0639	0659	0719	0739	0759	0819	0837	0852	0907	0922	0937	0950	1005	1020	1035
Goodmayes Lord Napier	0545	0605	0625	0645	0705	0725	0745	0805	0825	0843	0858	0914	0929	0944	0958	1013	1028	1043
Becontree Heath Bus Station	0552	0612	0632	0652	0712	0732	0752	0812	0832	0850	0905	0922	0937	0952	1007	1022	1037	1052
Romford Market	0602	0622	0642	0702	0722	0742	0802	0822	0842	0900	0915	0933	0948	1003	1019	1034	1049	1104
Romford Station	0605	0625	0645	0705	0725	0745	0805	0825	0845	0903	0919	0937	0952	1007	1023	1038	1053	1108

Ilford Broadway Ilford Hill	1046	Then every	01	16	31	46		1701	1716	1731	1746	1801	1816	1831	1846	1904	1921	1941
Ilford High Road Hainault Street	1050	15 minutes,	05	20	35	50		1705	1720	1735	1750	1805	1820	1835	1850	1908	1925	1945
Goodmayes Lord Napier	1058	at these	13	28	43	58	until	1713	1728	1743	1757	1811	1826	1841	1856	1914	1931	1951
Becontree Heath Bus Station	1107	minutes	22	37	52	07		1722	1737	1752	1805	1818	1833	1848	1903	1921	1938	1958
Romford Market	1119	past each	34	49	04	19		1734	1749	1804	1816	1828	1843	1858	1913	1930	1947	2007
Romford Station	1123	hour	38	53	08	23		1738	1753	1808	1820	1832	1846	1901	1916	1933	1950	2010

Ilford Broadway Ilford Hill	2001	2021	2041	Then every	01	21	41		0001									
Ilford High Road Hainault Street	2005	2025	2045	20 minutes,	05	25	45		0005									
Goodmayes Lord Napier	2011	2031	2051	at these	11	31	51	until	0011									
Becontree Heath Bus Station	2018	2038	2058	minutes	18	38	58		0018									
Romford Market	2027	2047	2107	past each	27	47	07		0027									
Romford Station	2030	2050	2110	hour	30	50	10		0030									

Sundays and Public Holidays

Ilford Broadway Ilford Hill	0625	0655	0715	0735	0753	0813	0835	0855	0915	0935	0952	Then every	12	32	52		1812	1833
Ilford High Road Hainault Street	0629	0659	0719	0739	0759	0819	0839	0859	0919	0939	0956	20 minutes,	16	36	56		1816	1837
Goodmayes Lord Napier	0635	0705	0725	0745	0805	0825	0845	0905	0925	0945	1003	at these	23	43	03	until	1823	1844
Becontree Heath Bus Station	0642	0712	0732	0752	0812	0832	0852	0912	0932	0952	1012	minutes	32	52	12		1832	1853
Romford Market	0651	0721	0741	0801	0821	0841	0901	0921	0941	1001	1022	past each	42	02	22		1842	1903
Romford Station	0654	0724	0744	0804	0824	0844	0904	0924	0944	1004	1025	hour	45	05	25		1845	1906

Ilford Broadway Ilford Hill	1857	1921	1941	Then every	01	21	41		0001									
Ilford High Road Hainault Street	1901	1925	1945	20 minutes,	05	25	45		0005									
Goodmayes Lord Napier	1907	1931	1951	at these	11	31	51	until	0011									
Becontree Heath Bus Station	1916	1938	1958	minutes	18	38	58		0018									
Romford Market	1925	1947	2007	past each	27	47	07		0027									
Romford Station	1928	1950	2010	hour	30	50	10		0030									

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